



Float Your Boat



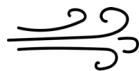
1. How do you use Float Your Boat?

Practice, then draw a picture of yourself using it!

1. Imagine you are on a boat.	
2. Pretend your heavy feelings are rocks making your boat start to sink.	
3. Write or draw each heavy feeling on a piece of paper.	
4. Crumple up each paper to make a rock.	
5. Throw your rocks overboard to float your boat!	

2. How do you feel after using Float Your Boat?

Circle the cloud that best matches.



3. When could you use Float Your Boat to help you feel your best self?

Draw or write your ideas.